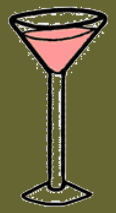
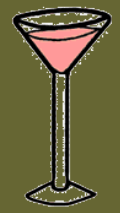
ALCOHOL



WHAT IS ALCOHOL?



* Alcohol is the MOST ABUSED drug by Soldiers.

* Alcohol is a colorless and pungent liquid that can be found in beverages such as wine, beer, and liquor.

* Alcohol is a Central Nervous System (CNS) depressant.

* Alcohol is considered to be a gateway drug to other drug use.

WHAT IS ALCOHOL?

- A standard alcohol drink is considered to be:
  - One 12-ounce bottle of beer/wine cooler
  - One 5-ounce glass of wine
  - 1.5 ounces of 80-proof distilled spirits.

- Alcohol is also known as:
  - Booze
  - Juice
  - Sauce

WHAT IS BLOOD ALCOHOL CONTENT (BAC)?

- ***Blood Alcohol Content (BAC)*** *- The amount of alcohol present in a 100 milliliter (mL) volume of blood.*

- *The BAC is related to the users:*
  - *Body Weight*
  - *Metabolism*
  - *Drinking Speed – Someone that 'chugs' their drink will have a higher BAC than someone that 'sips' the same amount of alcohol.*

EFFECTS OF ALCOHOL AND BAC

.02 - .03 BAC **– No loss of coordination, slight euphoria and loss of shyness. Depressant effects are not apparent.**

.04 - .06 BAC – Feeling of well-being, relaxation, euphoria, and lower inhibitions. Minor impairment of reasoning and memory.

.07 - .09 BAC – Slight impairment of balance, speech, vision, and reaction time. Judgment and self-control are reduced, caution and reason are impaired. IN MOST STATES THE LEGAL LIMIT IS .08.

.1 - .125 BAC – Significant impairment of motor coordination and loss of good judgment. Speech is slurred and balance, vision, reaction time, and hearing are impaired. IT IS ILLEGAL IN ALL STATES TO OPERATE A MOTOR VEHICLE AT THIS STAGE.

EFFECTS OF ALCOHOL AND BAC

.13 - .15 BAC - Gross motor impairment and lack of physical control. Blurred vision and serious loss of balance. Euphoria is reduced and dysphoria (anxiety, restlessness) begins to appear.

.16 - .20 BAC – Dysphoria predominates, nausea begins to appear. The drinker appears to be a *"sloppy drunk"*.

.25 BAC - Needs assistance in walking; total mental confusion. Dysphoria with nausea and some vomiting.

.30 BAC - Loss of consciousness.

.40 ≤ BAC - Coma, and possible death due to respiratory arrest.

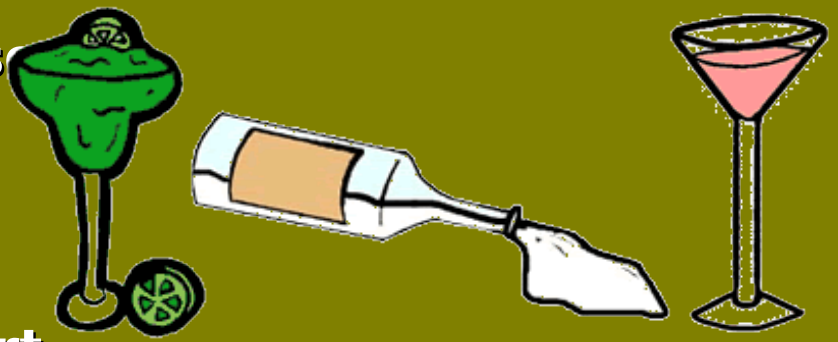
IMMEDIATE PHYSICAL EFFECTS

- Slurred Speech
- Slow Reactions
- Irregular Pulse
- Blurred Vision
- Loss of Inhibitions
- Dizziness

- Staggering
- Nausea/Vomiting
- Impaired Motor Skills
- Enlarged Heart
- High Blood Pressure
- Unconsciousness

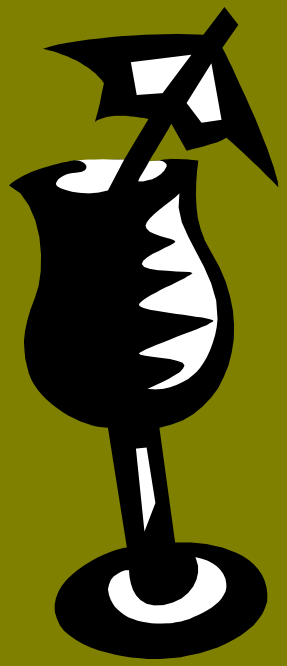
PHYSICAL SIGNS OF USE

- Dilated Pupils
- Irregular Pulse
- Enlarged Heart
- Alcohol Odor on Breath
- Nausea/Vomiting
- Slow Reactions
- High Blood Pressure
- Unconsciousness
- Dizziness
- Slurred Speech
- Blurred Vision
- Overdose/Death



LONG TERM EFFECTS

- Vitamin Deficiencies
- Skin Problems
- Loss of Muscle Tissue
- Sexual Impotence
- Stomach Damage
- Small Intestine Damage
- Loss of Feeling in Hands/Feet



- Pregnancy Complications
- Liver Cirrhosis/Cancer
- Heart Disorders
- Blood Disorders
- Lung Disease
- Brain Damage
- Death

ALCOHOL WITHDRAWAL

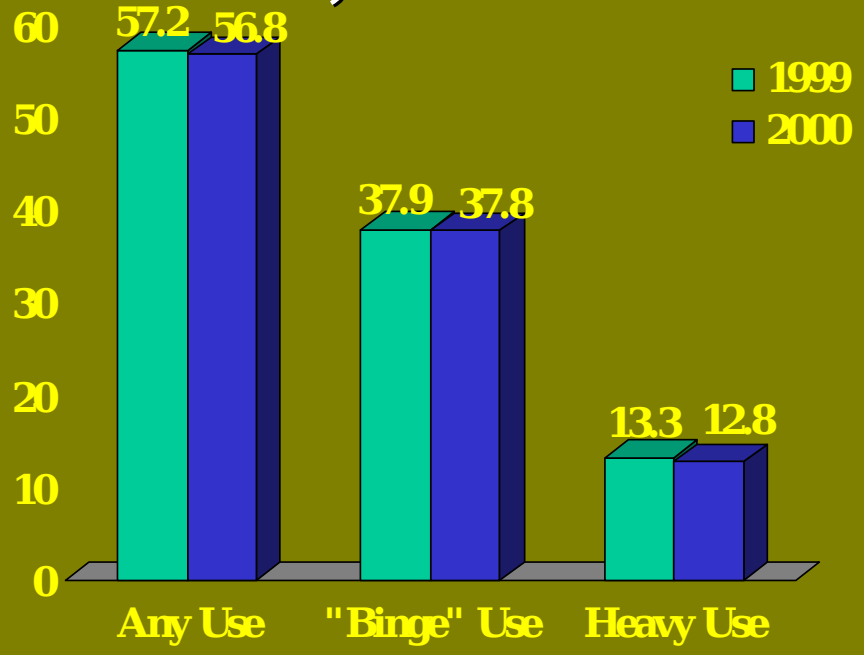
- *When a alcohol dependent person stops consuming alcohol they may experience withdrawal symptoms:*
  - *Auditory Hallucinations*
  - *Paranoid Behavior*
  - *Body Trembles, "The Shakes", this can occur as early as 12 hours after the last drink.*
- *The alcohol dependent person may also show minor signs of withdrawal:*
  - *Agitation*
  - *Profuse Sweating*
  - *Nausea/Vomiting*
  - *Incoherent Speech*

ALCOHOL WITHDRAWAL

- ***The addicted individual can also suffer extremely serious, and sometimes fatal, side effects of alcohol withdrawal:***
  - ***<u>Delirium Tremens (DTs)</u> - A disorder involving sudden and severe mental changes (psychosis) or neurologic changes (including seizures) caused by stopping the use of alcohol.***
  - ***Alcoholic Psychoses, when the addicted person is scared of imaginary small animals, and horrible sights and sounds.***

ALCOHOL USE IN THE UNITED STATES

Percentages Reporting Past Month Alcohol Use, Past Month "Binge" Alcohol Use, and Past Month Heavy Alcohol Use Among Persons Aged 18-25, 1999 and 2000



2000 National Household Survey on Drug Abuse

ADDITIONAL RESOURCES

- http://www.erowid.org/chemicals/alcohol/alcohol.shtml
- http://www.niaaa.nih.gov/
- http://www.health.org
- http://www.sayno.com/alcohol.html
- http://www.alcoholics-anonymous.org/
- http://www.al-anon.alateen.org/